



# new beginnings



Hi there!

How did you go last week with saying NO when you want/have to say NO?

Trust you had a chance to watch my video on values.

Knowing your values will empower you to say NO and take decisions with ease.

Goal setting is the buzz word at this time of the year. However, I can assure you that you will not achieve all the goals that you set for two reasons.

1. When the goals are not aligned to who you are.
2. When the goals you set are not practical and realistic.

If you attended the goal post on wednesdays, you would have heard me saying, objective of the goal post is to realise you dont need goals to live a life you deserve.

However, goal setting and accountability is means to an end and soon you will realise your identity is not dependent on what you do or what you accomplish.

Go with the flow and live in the moment.

Be true to yourself.

**Luv  
Manna**

## ***Insights & Clarity Zone***



### **Succulents – My Teacher**

I found that one of my another favourite succulent started wilting and now I am sure it is going to die with rotten roots.

And can you imagine who is responsible : The GIVER in me

I have quite a few indoor plants and they all have a place in my heart and I genuinely want them to grow well.

I water and fertilise them regularly. I did the same for my succulents too.

BUT that's the mistake.

I was thinking I am very prudent and unbiased in watering all my plants and giving equal attention by watering and fertilising them.

I am so WRONG

3 lessons learnt:

Give only when needed and what is required.

You may have water in abundance but succulents don't need so much

I could have saved time, water and energy by giving what is essential and understanding my plants a little better

Step back and give what is required instead of giving what you didn't get or giving out of guilt or fear of losing.

Dedicating this to all those who either take pride or feel guilty to be a giver.


As you are starting this new year, if you need help in finding out your values, direction, purpose or what do you really want and what are your real strengths, Book your FREE 45 minutes growth potential/breakthrough session (valued at \$275) with **me** here.

**Book Now**

Know that you are with me in a trusted space. But please note spots are limited.

*Here is the challenge for you till we meet again..*


*Observe if you are giving others what you didn't receive or giving what is required?*




**Adelaide NLP**

**NLP PRACTITIONER COURSE  
2021**

**10 day practitioner course**  
**Meeting above and beyond global standards**  
**Accredited by The NLP Association of Australia Inc**




Peter Radcliffe



Manna Abraham

*"My life changed with NLP and I overhauled all the aspects of my life - Personal, Health, Relationships and Professional" - Thomas*



**Block 1**  
**18 JAN 2021 to 22 JAN 2021**  
**Block 2**  
**15 FEB 2021 to 19 FEB 2021**

**VENUE: Sebastian Centre, The Monastery, 15 Cross Rd, Urrbrae SA 5064**  
**To know More Call @ 61 426 466 126, 61 434 462 252 Email: manna@adelaidenlp.com.au**  
**www.adelaidenlp.com.au**

If only we were taught about our own Minds early on as kids, we could have saved atleast 2-3 decades of agony and misery as a result of our own inability to understand ourselves and therefore others, healed traumas and become better individuals.

NLP the language of excellence - A structure that everyone should know for their own betterment as a foundation and a language every young man and woman should learn even before starting their careers or life.

The wisdom that you cannot share as a parent inspite of your life experiences, NLP can equip your children with that knowledge and awareness to be their own coach and navigate through life's adventure.

Neuro Linguistic Programming also called NLP - The best gift you can give to someone and yourself for your personal and professional success.

You could have made better decisions. The life you experienced could have been more meaningful and your learning could have been much much faster, you could have been wiser exploring the depths and experiencing success.

10 days of your life is worth spending learning NLP than experiencing 10 years of pain and frustration.

Empower yourself and empower someone you love, for life.

[Know More](#)

## Your Free Resources @ The Art of Self Discovery For your personal growth and personal evolution



07.30 PM Adelaide time  
which is  
09.00 AM UK  
2.30 PM India  
04.00 AM Canada  
08.00 PM  
NSW/Melbourne/Tasmania  
10.00 PM NZ  
07.00 PM QLD

MONDAY  
TUESDAY  
TUESDAY  
WEDNESDAY  
FRIDAY

Experience Clarity with Peter Radcliffe  
Meditation with Peter & Manna @9.30 AM ACDT  
The Lamp Post - Mastermind group for coaches  
The Goal Post - For Accountability  
The Listening Post- Explore Mind, Thoughts and Emotions.

Join Virtual meeting here



<https://us02web.zoom.us/j/918433271>

"Experience Clarity with  
**PETER RADCLIFFE**"



07.30 PM TO 08.30 PM ADELAIDE TIME /  
09 AM TO 10.00 AM UK TIME  
WEEKLY ON MONDAYS STARTING 4TH JAN  
[www.skillfulmind.net](http://www.skillfulmind.net)

**Every Monday**  
**07.30 PM - 08.30 PM**  
**ACDT**

Watch this space for dates  
and topics effective 04 Jan  
2021

Peter holds weekly live  
sessions via zoom on  
Mondays where you have  
a chance to ask all those  
questions you have been  
wondering about for years  
related to meditation and  
mind.

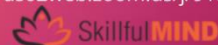
[Know More](#)



JOIN THE FREE ONLINE LIVE SESSION  
EVERY WEEK ON TUESDAYS  
09.30 AM ACDT

**MEDITATIONS WITH PETER  
& MANNA**

<https://us02web.zoom.us/j/918433271>



[WWW.SKILLFULMIND.NET](http://WWW.SKILLFULMIND.NET)

**Every Tuesday**  
**09.30 AM - 10.30 AM**  
**ACDT/6.00pm EST/3.00**  
**pm PST, 5.00 pm CST,**  
**4.00 pm MST.**

Meditation with  
Peter Radcliffe  
and  
Manna Abraham  
We invite you all to join.

[Know More](#)





**Every Tuesday 07.30 PM –  
09.00 PM ACDT**

The Lamp Post is a Mastermind group to offer coaches a combination of peer brainstorming, masterminding, accountability and support in a group setting to create the success you want.

[Know More](#)



**Every Wednesday 07.30  
PM – 09.00 PM ACDT**

The objective of "The Goal Post" is to give you that little nudge to achieve your goals in a no judgement space and provide you a platform to be accountable.

[Know More](#)



**Every Friday 07.30 PM –  
09.00 PM ACDT**

“The Listening Post” facilitated by Manna Abraham will give you access to some of the most powerful mind mastery and self discovery tools in a judgement free community addressing your deepest thoughts, emotions and fears .

[Know More](#)

Feel free to reach out to me with your questions, concerns, feedback and if you love to share your story –[manna@artofselfdiscovery.com.au](mailto:manna@artofselfdiscovery.com.au) or join The Art of Self Discovery face book group by clicking [here](#). Also we can catch up every week on one or all of the platforms.

**Just BE YOU and Live in the Moment!**

**Manna**

[www.artofselfdiscovery.com.au](http://www.artofselfdiscovery.com.au)



